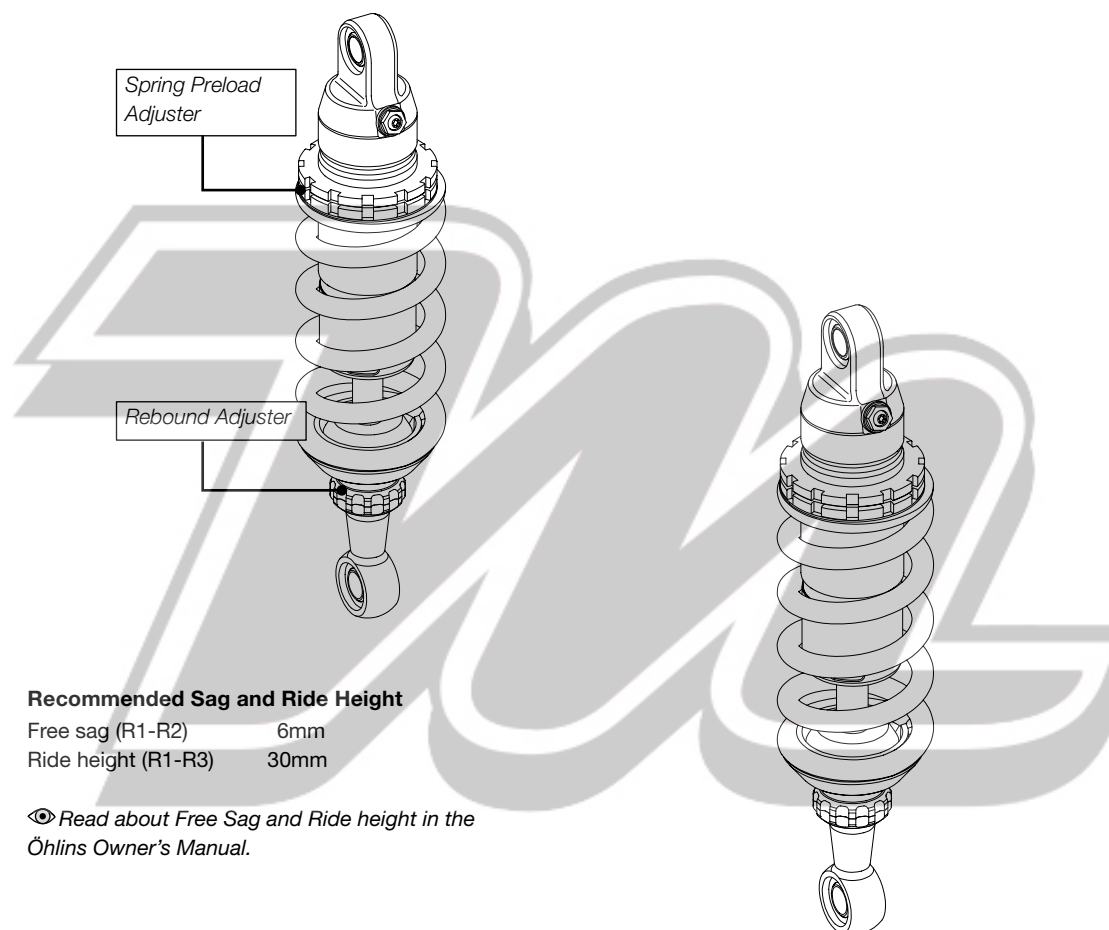


# Adjustments

## ⚠ Warning!

Before riding, always make sure that the basic settings made by Öhlins are according to recommended Set-up Data. Read about adjustments and setting up in the Öhlins Owner's Manual before you make any adjustments. Contact an Öhlins dealer if you have any questions about setting up the shock absorber.



Before installing this product, check the contents of the kit. If anything is missing, please contact an Öhlins dealer.

### Kit Contents

	Part No.	Pcs.
Shock absorber	BM 060	1
Sticker Öhlins	00192-01	2
C-spanner	00710-02	1
Memo Notes Sticker	01180-01	1
Owner's Manual	07241-02	1

# Set-up Data

## Recommended set-up

Rebound	12 clicks
Spring Preload	8 mm
Spring Rate	210 N/mm
Spring; Free length	170 mm

## Recommended Sag and Ride Height

Free sag (R1-R2)	6mm
Ride height (R1-R3)	30mm

👁 Read about Free Sag and Ride height in the Öhlins Owner's Manual.

## Shock absorber data

Length	344,5 mm
Stroke	53,5 mm

Please note that during storage and transportation, especially at high ambient temperature, some of the oil and grease used for assembling may leak and stain the packaging. This is in no way detrimental to the product, wipe off the excessive oil/grease with a cloth.

## ⚠ Warning!

Before installing this product, read the Öhlins Owner's Manual. The shock absorber is an important part of your vehicle and will affect the stability.

👁 Öhlins products are subject to continuous improvement and development, therefore, although these instructions include the most up-to-date information available at the time of printing, minor updates may occur.

To find the latest information contact your Öhlins distributor. Please consult your Öhlins dealer if you have any questions regarding the contents in this document.

Part no. BM060\_0  
Issued 2010-11-11



# Shock Absorber for BMW F800 S/ST

# BM 060

## Mounting Instructions

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# How to install

## **⚠ Warning!**

*It is advisable to have an Öhlins dealer install the shock absorber.*

*When installing, read the Vehicle Service Manual.*

**1**

Place the motorcycle on a stand so that the rear wheel barely touches the ground. The swing arm must be free, so that the suspension is unloaded.

## **⚠ Warning!**

*Make sure the vehicle is securely supported so that it will not tip.*

## **👁 Note!**

*Clean the vehicle thoroughly before installing the Öhlins shock absorber.*

**2**

Remove the seat.

**3**

Loosen the 4 screws (2 on the left and 2 on the right side) for the subframe, and 1 screw for the silencer (on the subframe).

**4**

Loosen the screws for the original shock absorber.

**5**

Remove the original shock absorber, gently lift the subframe and hold it up while removing the original shock absorber, (or loosen the fuel hose and the wire harness).

**6**

Install the Öhlins shock absorber with the oil filling screw towards the rear, mount the upper and lower screws of the shock absorber (do not tighten yet).

**7**

Reinstall the subframe order.

## **👁 Note!**

*Lower the motorcycle so that the shock absorber is slightly compressed, before tightening the screws.*

**8**

Reinstall all removed parts in the same way as they were before installation of the Öhlins shock absorber.

## **👉 Caution!**

*Make sure that all screws are tightened to the correct torque and that nothing fouls or restricts movement of the shock absorber when the suspension is being fully compressed or extended.*